



MONTHLY QUIZ

TEST YOUR KNOWLEDGE ON A VARIETY OF WELLNESS TOPICS

1. About _____ of high school seniors vaped marijuana in the past year.
 - ☐ a. 40%
 - ☒ b. 20%
 - ☐ c. 15%
2. A recent NIH-funded study found that _____ in 10 Americans aged 65 or older binge drinks regularly.
 - ☒ a. 1
 - ☐ b. 3
 - ☐ c. 2
3. Fasting diets mainly focus on the timing of when you can eat.
 - ☒ a. True
 - ☐ b. False
4. Nearly _____ million people are treated for skin cancer each year in the United States
 - ☐ a. 4
 - ☒ b. 5
 - ☐ c. 10
5. People must now be 18 to buy any tobacco product, including vaping products.
 - ☐ a. True
 - ☒ b. False—People must now be **21** to buy any tobacco product, including vaping products.
6. Depression, anxiety, an infection, or even _____ can cause cognitive changes.
 - ☒ a. certain medications
 - ☐ b. vitamins
 - ☐ c. red meat
7. In some animals, certain fasting diets seem to protect against diabetes, heart disease, and cognitive decline.
 - ☒ a. True
 - ☐ b. False
8. Damage from exposure to UV rays goes away over time.
 - ☐ a. True
 - ☒ b. False—Damage from exposure to UV **builds up over time**.